



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Oven Roasted Vegetables *

Recipe Summary:

Preparation Time: 20 minutes

Ingredients:

Baby carrots – orange (leave whole)
Zucchini – green (cut into slices or bite sized pieces)
Yellow squash (cut into slices or bite sized pieces)
Red, yellow, orange and green bell peppers (slice or cut into bite sized pieces)
Red skinned potatoes (do not peel – cut into small pieces)
Purple onion (slice into rings and separate layers)
Olive oil to coat vegetables
Lipton soup mix to coat vegetables (Choose your favorite flavor. I like Garlic Herb and Onion.)

Directions:

Mix vegetables together. Coat with olive oil and soup mix. Bake at 350 degrees until tender. Stir occasionally to prevent sticking. Enjoy!

* Source unknown

Nutritionist Notes:

- Depending on amount of olive oil used, this recipe may be high in fat.
- May want to limit olive oil to 1 Tbsp
- Lipton soup mix may cause recipe to be high in sodium
- May want to use garlic powder and onion powder instead to reduce sodium content